

## **California 5 a Day— Be Active! Worksite Program**

In order to increase employee access to healthy food and beverage options at work, the *California 5 a Day—Be Active! Worksite Program* is encouraging employers to implement the following healthy food and beverage standards in their onsite vending machines.

## **VENDING MACHINE FOOD AND BEVERAGE STANDARDS**

### **Food Standards**

#### **Mandatory Nutrition Standards**

At least 50 percent of foods served in vending machines should meet the following nutrition standards:

1. Have no more than 35 percent of its calories from total fat (not including nuts and seeds).<sup>1</sup>
2. Have no more than 10 percent of its calories from saturated fat.<sup>1</sup>
3. Have no more than 35 percent sugar by weight (not including fruits or vegetables; canned fruit must be packed in 100% fruit juice or water).<sup>1</sup>

#### **Recommended Nutrition Standards**

At least 50 percent of foods served in vending machines should meet the following nutrition standards:

1. Have no more than 360 milligrams (mg) of sodium per serving.<sup>2</sup>
2. Contain at least 2 grams (g) of dietary fiber per serving.
3. When a standard becomes available, limit trans fats.<sup>3</sup>

#### **Mandatory Pricing/Placement Standards**

1. Food items meeting the mandatory/recommended nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining items within the vending machine that do not meet these nutrition standards.
2. Food items meeting the mandatory/recommended nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.

### **Beverage Standards**

#### **Mandatory Nutrition Standards**

At least 50 percent of beverage vending machine offerings must include:

1. Beverages that contain 100% fruit or vegetable juice with no added sweeteners.<sup>1</sup>
2. Water.<sup>1</sup>
3. Nonfat or 1% lowfat milk.<sup>1</sup>
4. Beverages that are limited to a portion size no greater than 12 ounces (no limit on water).  
Note: If juices are available in smaller-sized portions (6 ounces), they would be preferred.<sup>4</sup>

#### **Mandatory Pricing/Placement Standards**

1. Beverages meeting the mandatory nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining beverages within the vending machine that do not meet these nutrition standards.
2. Beverages meeting the mandatory nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.



<sup>1</sup> SB 19 Standard

<sup>2</sup> FDA definition for "healthy" food label claim

<sup>3</sup> IOM report entitled "Dietary Reference Intakes: Guiding Principles for Nutrition Labeling and Fortification"

<sup>4</sup> SB 19 School Nutrition Consensus Panel



## Step-by-Step Guide to Calculating Nutrition Standards

Reading a nutrition label can be intimidating, but the diagram below will take you through the steps of calculating important nutrition information and gives you tips on making healthy choices.

### Percent calories from fat:

(30 calories from fat/90 total calories)  
x 100 = **30%**

### Percent calories from

**saturated fat:** (1g saturated fat x  
9 calories/g) = 9 calories from  
saturated fat

(9 calories from saturated fat/90 total  
calories) x 100 = **10%**

### Number of milligrams of sodium: 300mg

### Number of grams of fiber: 3g

### Percent sugar by weight:

(3g sugar/114 total g) x 100 = **2.6%**

## Nutrition Facts

Serving Size ½ cup (114g)  
Serving Per Container 4

### Amount Per Serving

Calories 90      Calories from Fat 30

% Daily Value\*

**Total Fat** 3g      **5%**

— Saturated Fat 1g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 300mg      **13%**

**Total Carbohydrate** 13g      **4%**

— Dietary Fiber 3g      **12%**

— Sugars 3g

**Protein** 3g

Vitamin A 80%      •      Vitamin C 60%

Calcium 4%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your  
calorie needs

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9      •      Carbohydrate 4      •      Protein 4

## How to Read an Ingredient List

- Ingredients are listed by weight, so the first ingredient in the list is the most abundant ingredient and the last is the least abundant.
- A good rule of thumb is to avoid products that list sugar, high fructose corn syrup, or trans fats (hydrogenated oils) as one of the first three ingredients.

## Sample Ingredient Lists

### Yogurt A -

INGREDIENTS: CULTURED  
PASTEURIZED GRADE A NONFAT MILK,  
WHEY PROTEIN CONCENTRATE,  
PECTIN, CARRAGEENAN.

*Note that there is no sugar or  
hydrogenated (trans) fats listed.*

### Yogurt B -

INGREDIENTS: CULTURED GRADE A  
REDUCED FAT MILK, APPLES, HIGH  
FRUCTOSE CORN SYRUP,  
CINNAMON, NUTMEG, NATURAL  
FLAVORS, AND PECTIN. CONTAINS  
ACTIVE YOGURT AND L. ACIDOPHILUS  
CULTURES.

*Note that high fructose corn syrup is the  
third most abundant ingredient.*



## Healthy Vending Machine Options

### Non-Refrigerated Healthy Vending Machine Options

- Canned fruit cups
- Dried fruits, such as raisins, apricots, and apples
- Pretzels
- Baked chips
- Lowfat popcorn
- Whole grain crackers
- Lowfat granola bars
- Lowfat, whole grain cereals
- Lowfat, whole grain cereal bars
- Trail mix
- Graham crackers
- Animal crackers
- Plain and salted nuts
- 100% fruit leather
- Fig bars
- Salsa with baked tortilla chips

### Refrigerated/Frozen Healthy Vending Machine Options

- Vegetables, such as baby carrots, broccoli florets, and celery sticks
- Fresh fruit salads
- Fresh vegetable salads with lowfat or fat free dressing
- Packaged fruit slices (such as sliced apples)
- Nonfat yogurt
- Nonfat cottage cheese
- Sandwiches made with vegetables and/or lean meats on whole grain bread
- Frozen 100% fruit bars
- Water
- 100% fruit juice
- 100% vegetable juice
- Nonfat or 1% lowfat milk

## Vendors Offering Selected Healthy Products

For a list of specific items that meet the vending machine food and beverage standards, please visit: [www.nojunkfood.com/vendors/healthy\\_snack\\_list.html](http://www.nojunkfood.com/vendors/healthy_snack_list.html)

Vendor	Web site
ATNIP Co.	<a href="http://www.atnipco.com">www.atnipco.com</a>
Aramark Vending (Just4U product line)	<a href="http://www.aramarkrefreshments.com">www.aramarkrefreshments.com</a>
Canteen Vending	<a href="http://www.canteen.com/vending.html">www.canteen.com/vending.html</a>
Vendmart	<a href="http://www.vendmart.com">www.vendmart.com</a>
Vistar	<a href="http://www.vistarva.com/promotions_vend.cfm">www.vistarva.com/promotions_vend.cfm</a>
Xengaru Fun Foods	<a href="http://www.xengaru.com">www.xengaru.com</a>



## How can I Make My Vending Machine Healthy?

If you are ready to improve the food and beverage selections in your vending machines, work with your employer to fax a letter similar to the sample below to your vending machine vendor. Choose as many healthy vending machine options as you want from the list of healthy vending items found in this tool.

(Insert Your  
Company Name )

# Fax

**To:** \_\_\_\_\_ **From:** \_\_\_\_\_  
**Fax:** \_\_\_\_\_ **Pages:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Re:** Healthy Vending Machines **cc:** \_\_\_\_\_

Dear \_\_\_\_\_,

In an effort to improve the health of our employees, I would like to improve the selection of healthy items in our vending machines. Below is a list of sample healthy options that I am interested in including in our vending machines.

#### Non-Refrigerated Healthy Vending Machine Options

- Canned fruit cups
- Dried fruit
- Pretzels
- Baked chips
- Lowfat popcorn

#### Refrigerated/Frozen Healthy Vending Machine Options

- Vegetables, such as baby carrots, broccoli florets, and celery sticks
- Fresh fruit salad
- Nonfat yogurt
- Water
- 100% fruit juice

Please contact me immediately to discuss this further. Thank you.

Sincerely,

Name:  
Business Name:  
Telephone Number:  
Email Address:

To download the fax form above, please visit [www.ca5aday.com/fitbusinesskit](http://www.ca5aday.com/fitbusinesskit)



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